

# BEVERAGES

## COLD

### Lemongrass Iced Tea -

Unsweetened small \$3 large \$4

### Basil & Spearmint Iced Tea

small \$3 large \$4

### Sweet Lemonade small \$3 large \$4

### Mango Juice small \$3 large \$4

### Watermelon Juice small \$5 large \$7

## Blended Beverages

small \$6 large \$8

### Strawberry Protein Smoothie

Organic strawberries, Kauai banana, organic hemp protein powder, organic rice milk

### Mango Sunrise Smoothie

Organic mango, Kauai banana, Kauai ginger & turmeric, Organic rice milk

### Kauai Kale Smoothie

Organic Kauai Kale, pineapple, Kauai banana, orange, organic rice milk

### Super food Noni, Ginger & honey Iced Tea

Kauai noni fruit, Kauai ginger, fresh harvested Kauai Honey, blended for a refreshing & energizing experience!

### Coconut Crush -blended iced coffee

small \$6 large \$8

Organic coffee, organic coconut milk, cinnamon, organic vanilla extract, organic rice milk

## HOT BEVERAGES

### Black Tea \$3

### Coffee \$3

### Pumpkin Spice Latte \$5



Open Mon-Fri 10:30am - 4:00pm  
Saturday 11:00am - 2:00pm

# Organic Chicken & Fish

## Organic Chicken Wraps \$12.75

\*Served with chips

Prepared using organic wheat & spinach tortilla, organic boneless skinless chicken thighs, brown rice & quinoa blend, tomatoes, mixed greens, fresh basil, red onion, cucumber, shredded cabbage, lemon aioli, and homemade ginger citrus vinaigrette

Rosemary Chicken\*house favorite

\*BBQ Chicken

BBQ Chicken & Hummus (add \$2)

## FISH Wrap (Ahi or Mahi Mahi) \$14.75

## Curry chicken salad sandwich \$10

on organic wheat or gluten free bread, lettuce, tomato, organic mustard, shredded cabbage, red onion, fresh mint.

## Organic Chicken Salads

### Organic Chicken Cesar Salad \$10

Organic chicken, organic croutons, tomato, parmesan cheese, organic Cesar dressing

### Organic Rosemary Chicken Salad \$11

Organic chicken, lettuce, tomato, shredded cabbage, red onion, cucumber, basil, and homemade ginger citrus vinaigrette

## Organic Chicken Plates

Served with choice of 3 sides

### Organic Rosemary Chicken \$14.75

Organic boneless, skinless chicken thighs marinated in fresh rosemary and house spice blend

### Organic Barbeque Chicken \$14.75

Organic boneless, skinless chicken thighs marinated in fresh rosemary, spices, and house-made barbeque sauce

### Fresh Local Fish! \$15.75

prepared with house seasoning blend, pan fried in organic coconut oil

Served with choice of 3 sides

## \*FLAVORFUL SIDE DISHES

Collard Greens

Sweet potato yams

Purple potato salad

Kale salad or garden salad

Black-eyed peas

Corn bread

Brown rice/quinoa blend

Kimchi(spicy)

Namasu (pickled cucumbers)

# Vegetarian & Vegan

## Superfood Kale Salad \$12

Curly kale massaged with lemon & olive oil, seedless grapes, caramelized apple, avocado, cucumber, red onion, sunflower seeds, fresh basil & spearmint, homemade ginger citrus vinaigrette

## Hummus Salad \$12

Kauai kale, massaged with lemon and olive oil, lettuce, tomato, red onion, shredded cabbage, fresh basil & spearmint, a scoop of brown rice & quinoa blend, house-made organic hummus, and homemade ginger citrus vinaigrette

## Garden Salad \$7

Organic lettuce, tomato, cucumber, shredded cabbage, red onion, homemade ginger citrus vinaigrette

## Coconut-Ginger Mung Bean Soup

\*Vegan & hearty

16oz. \$10 8oz. \$6

Organic mung beans, organic coconut milk, fresh ginger, moringa, spices, fresh lemongrass. Served with brown rice & quinoa blend

## Avocado & cheese Sandwich \$10

Sliced avocado on organic wheat or gluten free bread, cheddar cheese, lettuce, tomato, organic mustard, shredded cabbage, red onion, fresh mint & basil

## Avocado/Hummus Sandwich \$11

Sliced avocado on organic wheat or gluten free bread, organic hummus lettuce, tomato, organic mustard, shredded cabbage, red onion, fresh mint & basil.

## Hummus & Black-Eyed pea Wrap \$12.75

homemade organic hummus, organic black-eyed peas, brown rice & quinoa blend, mixed greens, fresh basil, cucumber, shredded cabbage, vegan lemon aioli, and homemade ginger citrus vinaigrette

## Avocado Wrap \$11.75

Avocado, brown rice/quinoa blend, tomatoes, mixed greens, fresh basil, red onion, cucumber, shredded cabbage, fresh mint, basil, vegan lemon aioli, homemade ginger citrus vinaigrette, and a drizzle of pepper sauce.

## SIDE DISHES

(a la carte \$4.00)

Add Chicken: \$5.75

Add Avocado: \$2.75

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